The
Bile Beans
Cookery
Book
NEW AND
ENLARGED EDITION
PRICE
2D
FLOUR

A Wonderful Medicine That Copies Nature

How Liver, Stomach, & Bowels Rule Your Health.

MEDICAL science has produced a great remedy that owes its success to the remarkable way in which it copies Nature's own methods.

* * *

Robust health depends largely on keeping the food channels clear of decaying waste, which would otherwise poison the blood and make you out-of-sorts, or cause serious liver trouble and bowel irregularity. It is necessary to stimulate the whole bowel (consisting of 30 feet of tubing) not in one part, but absolutely from end to end. Anything less than a complete and regular removal of effete matter is to leave the seeds of illness still in the system.

* * *

The unique power of Bile Beans—Nature's remedy—comes from their wonderful selective action. Bile Beans secure the right kind of action in the right places, and **stimulate the whole alimentary tract.** With a dose of Bile Beans, each organ in turn—the stomach, liver, gall-bladder, kidneys, and the upper and lower bowel—receives exactly the help it needs. Bile Beans give the nearest approach to Nature yet devised. They are completely cleansing, NATURAL, gentle, and effective.

* * *

Ordinary pills and salts (usually containing one or two simple ingredients) act on the lower bowel—one part of the intestines only; many of them act violently—they engage in "shock tactics" at one point. They tend to weaken the system and are of no lasting value, even though the dose be increased.

* * *

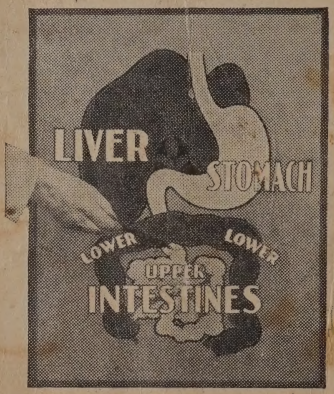
The superiority of Bile Beans is due to the fact that they contain six different vegetable laxatives which act on different parts of the bowels producing a smooth and natural effect. Bile Beans also contain a liver stimulant, one extract specially to prevent griping, and two carminatives to soothe and help the stomach. Bile Beans are thus a superior practical pill with a wide family use. They are also guaranteed free from mineral drugs.

* * *

You will be surprised at the immense improvement in your health after a proper course of Bile Beans. You will enjoy your food, sleep well, avoid those oft-recurring headaches and sickness, look and feel robust, and generally experience a new joy in living.

* * *

You can prove for yourself the effectiveness of Bile Beans by means of a FREE trial sample. See the offer on page 17.



This diagram shows the relative positions of the various organs which together are known as the alimentary system. Each receives from Bile Beans exactly the help it needs.

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LIQUID MEASURES.

2 teaspoonsful —1 dessertspoonful.
2 dessertspoonsful—1 tablesp'nful (½ oz.)
4 tablespoonsful—1 wineglassful (¼ gill)
1 pint liquid —1 lb.
1 small teacupful —1 gill.
1 tumblerful —½ pint.

DRY MEASURES.

4 cupfuls sifted flour —1 lb.
1 pint powdered sugar —14 oz.
1 large tablespoonful sugar —2 oz.
1 tablespoonful butter —2 oz.
8—10 eggs —1 lb.
Butter to "weight of an egg" averages —1½ oz.
1 rounded cupful flour —¼ lb.
1 rounded tablespoonful flour—½ oz.

CORRECT SAUCES For ROAST MEATS

Roast Beef, Grated Horse Radish; Roast Veal, Tomato Sauce or Horse Radish Sauce; Roast Mutton, Red Currant Jelly and Caper Sauce; Roast Pork, Apple Sauce; Roast Lamb, Mint Sauce; Roast Turkey, Cranberry Jelly; Roast Venison, Black-Currant Jelly; Roast Goose, Tart Apple Sauce; Roast Chicken, Bread Sauce.

FOR ROASTING, BAKING, AND BOILING MEAT—JOINTS.

Thin pieces of meat—beef, mutton or lamb with much bone, ¼ hour to each lb. and ¼ hour over.

Thick joints, 20 minutes to each lb., and 20 minutes over.

Veal and pork, 25 minutes to each lb. and 25 minutes over.

Salt beef, 25 minutes to the lb. and 25 minutes over.

SOUPS, BROTHS

SCOTCH BROTH.—Wash 2 oz. pearl barley, put into a pan with 1 lb. shin beef and 2 quarts cold water. Peel few turnips and onions, scrape 2 carrots, cut into small pieces. When meat has boiled about 1 hr., add vegetables with chopped parsley, and pepper, and salt, allow all to boil gently for 1½ hrs., or until vegetables are tender. Keep the lid on, stirring occasionally. Season some time before serving.

VEAL BROTH—Wash teaspoonful of rice or barley, put it with 3 lbs. knuckle veal into pan, pour on 3 quarts cold water. Peel and put in onion, with pepper, salt. Place pan on fire; when water boils, draw the pan aside, and leave to simmer for 2 to 3 hrs.

MUTTON BROTH.—Cut superfluous fat from meat, which can be rendered for dripping. Cut 2 lbs. neck of mutton into small pieces and put into saucepan. Wash 1 tablespoonful rice and put it in, pour on 2 quarts cold water, place pan on fire, to remain until water boils; then draw it to one side to simmer 2 hrs. Peel an onion, scrape a carrot, pare a turnip very thickly, brush small stick of celery; wash all these vegetables, cut into small pieces and add them to the broth. Add pepper and salt. Cook gently until vegetables tender.

VEGETABLE SOUP.—Put 3 quarts bone stock into pan, wash 2 tablespoonsful of rice and add it with turnip, onion, and celery, cut into small pieces, and let all simmer slowly for 2 hrs. Mix tablespoonful of oatmeal with a little cold water, put in some of hot liquor, stir into soup. Bring it to boil, add pepper, salt. Keep stirring and skim scum.

PEA SOUP.—Soak 1 lb. split peas overnight in cold water, drain water off, add peas to stock to be used, and allow them to simmer about 3 hrs.; add turnips, carrots, onions, and other vegetables, cleaned and cut into small pieces, and simmer until tender. Add little mint, season with salt and pepper.

HARICOT SOUP.—Soak 1 lb. haricot beans overnight in cold water, drain, and put into saucepan with 2 quarts cold water, add 1 carrot, 1 turnip, and 2 onions, cut into small pieces; allow to simmer about 3 hrs. Then strain soup through wire sieve or colander, rub vegetables through with wooden spoon. Season to taste, pour back into pan to heat, serve with toasted bread cut into small squares.

LENTIL SOUP.—1 lb. lentils, 2 quarts water, ½ onion, 1 parsnip, little celery, or other vegetable preferred, butter, salt, and pepper. Wash lentils thoroughly; put lentils, finely shredded onion, parsnip, celery, and large piece of butter with water in pot; salt and pepper to taste; boil gently for 2 hrs., stirring occasionally.

BROWN SOUP.—1 lb. shin beef, 1 carrot, 1 onion, 1 turnip, 1 oz. dripping, ½ teaspoon salt, ¼ teaspoon pepper, a pinch sweet herbs, 1 quart cold water. Heat dripping in pan, cut meat and onion in small pieces, fry until deep brown, then pour off fat; add vegetables, herbs, and water; simmer 2 hrs., take out herbs, season with pepper and salt. Serve very hot with sippets of fried bread.

FISH DISHES.

BOILED FISH.—Thoroughly cleanse and wash fish in cold water; have ready saucepan of boiling water, with tablespoonful of vinegar with salt in. Place fish in, and let simmer gently, allowing 10 mins. to every pound and 10 mins. over. Fish must be put into clean cloth and tied up, to prevent fish breaking.

FRIED FISH IN BATTER.—Wash 1 lb. ling, cod, or other white fish thoroughly, then dry and cut it into few pieces. Put 4 oz. flour into basin, mix to stiff batter with ¼ pint lukewarm water, adding salt; dip each piece of fish into this, and fry in boiling dripping 5 mins. Drain well, serve on a hot dish, garnish with parsley.

FISH BAKED IN MILK.—Clean 2 lbs. haddock or other white fish well, cutting off fins, and dry it; put milk into dripping tin with ½ teaspoonful salt; place fish in, dredge with flour, drop a few bits of dripping on top. Cook in hot oven, baste well during cooking. Allow ten mins. to every pound. Mix 1 tablespoonful flour with cold water; add 1 tablespoonful chopped parsley, 1 pint milk. Let this boil well, season to taste and pour over fish when cooked.

FISH CAKES.—Take ½ lb. cold mashed potatoes or bread (which has been soaked in milk and squeezed dry,) beat with fork until fine. Remove skin and bone from fish, break into small pieces, mix with potatoes (or bread), add pepper, salt, grated lemon rind, and a little ground mace, an egg beaten, and butter melted. Make into small flat cakes, brush over with egg, cover with bread crumbs, and fry in very hot dripping a nice brown. Serve hot and garnish with parsley.

FISH PIE.—Cut 1 lb. any kind of fish into small pieces, put layer of pastry at bottom of pie dish, and drop fish pieces in. Sprinkle with bread crumbs, pepper, salt, parsley, pour a little gravy or water over; cover with short pastry, bake in hot oven from 20-30 mins.

SHRIMPS WITH TOMATO SAUCE.—Cook together 1 tablespoonful each butter and flour until they bubble, stir into this ½ pint strained tomato liquor, 1 grated onion after being cooked 10 mins., stir sauce until thick, add ½ pint shrimps. Season and serve.

BAKED FISH STEAKS.—Cut 1 lb. cod, halibut, or other thick fish into steaks, wash and dry well. Mix tablespoonful browned bread crumbs and pepper and salt together. Make 2 ozs. dripping quite hot in dripping tin; dip each steak into bread crumbs. Place in dripping-tin, cook in hot oven about 20 mins. Baste frequently.

FRIED PLAICE OR SOLES.—Clean and wash fish, cut into 3 or four pieces, dry each piece with clean towel, sprinkle flour, pepper, and salt on each piece. Put clean frying-pan on fire with 2 oz. lard or dripping in; when thoroughly hot (and is quite still) lay in fish, white side downwards; fry that side a golden brown, then turn over with spoon and knife to cook on other side. When done, place upon plate or dish. Drain off fat. Arrange parsley round edges of dish, serve with plain melted butter or other sauce.

Some people imagine the dish is not complete unless fish has been dipped in beaten egg and bread crumbs before fried. Use of egg not necessary. A cheaper way is to make a light batter of flour and water to thickness of cream, dip fish in this, afterwards in powdered toasted crust before dropping into boiling dripping. Beef dripping is the best.

LIVER DISORDER CAUSED YEARS OF ILL-HEALTH

Prostrating Attacks of Sickness—Thought She Would Die—Now A Happy & Different Woman

"THE bad state of my liver caused me years of ill-health," says Mrs. Rose Evans, of 16, Bilberry-road, King's Heath, Birmingham. "Nothing seemed right with me. Pains in the region of the liver and stomach were so bad I could hardly bear up. Everything I ate repeated, and even a cup of tea upset me. The smell of cooking made me vomit. I used to wake up in the morning, my head ringing with pain. Bilious attacks left me dizzy and faint, and not a day passed without me having to lie awhile on a couch, absolutely helpless. I often felt I was going to die.

"Palpitation and wind added to my miseries and the least exertion put me out of breath. Continuous trouble with my bowels probably helped to make me worse in other ways. Treatment at the dispensary and from private doctors did but little real good. I became tired of life.

Bile Beans Too Wonderful For Words

"It was through reading of another case similar to my own that I got to know about Bile Beans. These vegetable pills restored my liver and bowels to such good order that by the end of the second box I was feeling an entirely different woman. It is all too wonderful for words. I can now eat a hearty meal with anyone, my skin has lost its liverish, unhealthy appearance, my eyes are brighter, and I have twice the energy. Since taking Bile Beans I feel so well that nothing worries me in the least."

Mrs. R. Evans, of Birmingham.

Have You Dyspepsia?

"My stomach was seriously weakened by dyspepsia," says Mr. H. Barnaby, 135, Greasborough Road, Rotherham. "For years I didn't know what good health was. I couldn't eat without going through the mill. I would get up in the morning feeling fit for nothing. My appetite vanished. Then I saw Bile Beans advertised in the paper. I took Bile Beans and was soon able to eat what I liked without the old misery and discomfort."

FRIED COD STEAKS.—Put 3 or four slices cod in deep dish and pour over mixture of 2 tablespoons each olive oil and vinegar, a seasoning of salt, pepper, a clove, and a little grated lemon rind. Leave 2 hrs., wipe dry, dip in beaten egg, then bread crumbs, and fry in boiling oil. Surface should be crisp and brown, so there must be enough fat to cover. Serve with parsley sauce.

JOINTS & MEAT DISHES

TO ROAST MEAT.—Place joint near fire about 10 mins. before putting in oven. This hardens surface of meat and keeps in juices. Baste meat frequently whilst cooking, with fat that comes from it. Time joint takes for roasting depends upon size; it is safe to allow for beef or mutton ¼ hr. to every pound and ¼ hr. over. Veal and pork require 20 mins. to every pound and 20 mins. over. Meat roasted in oven never has sweetness of meat cooked on turnspit in jack in front of bright fire.

BOILED MEAT.—Place meat in cold water, allow to boil 3-4 mins. to harden outside, then draw pan to one side, allow water to simmer remainder of time. Beef and mutton require ¼ hr. to every pound and ¼ hr. over. If thick joint allow rather longer. Salt meat should be put into cold water and allowed to cook very gently.

STOMACH CATARRH CAUSED DEBILITY & LOSS OF WEIGHT

Mr. & Mrs. H. Sowerbutts (from photo.)

Health Restored by Bile Beans—Also Did His Wife A World of Good

"I CAME out of the army in 1919 weighing ten-stone-four," says Mr. H. Sowerbutts, of 14, Salisbury Street, Middlesbrough, "and I have been losing weight ever since. Chronic catarrh poisoned my stomach. I was in such agony at times that I was too ill to work.

"A sensation like hot needles in the stomach, flatulence, palpitation round the heart, pains across the shoulders—I was never able to escape them. Magnesia and bismuth compounds robbed me of all appetite, and owing to the bad state of my stomach I couldn't take ordinary purgatives. A friend gave me half-a-dozen Bile Beans to try. These gave so much relief in two days that I bought a box. Bile Beans seem to have *thoroughly cleansed my stomach* of catarrh mucus, or whatever else was making me ill. They have also stopped all wind, pain and palpitation. I am gaining strength and weight again, for I eat almost anything since taking Bile Beans.

"My wife also took Bile Beans. She was run-down and low-spirited, but Bile Beans proved a grand tonic and brightened her up wonderfully."

SPLENDID FOR THE CHILDREN

"Bile Beans not only did me good when I was anæmic and liverish, but I found them splendid for the children, too. When Jack and Sydney are constipated or not feeling up to the mark, half a Bile Bean each at night puts the boys right. My husband has taken them, too. Bile Beans are a splendid household remedy."—Mrs. E. G. Harbidge, 1/12, Bracebridge Street, Aston, Birmingham.

HOW TO COOK A SHEEP'S HEAD.—Steep sheep's head in cold water a few hrs. Then cleanse. Take out brains, wash and put aside. Put head in saucepan cold water, salt to taste. After boiling simmer gently 2 hrs. When head nearly done, place brains in piece clean white muslin, boil few mins. When brains set, chop up and put in melted butter and chopped parsley sauce. When ready, serve head with brain sauce poured over. This makes a delicate dish suitable for weaker or invalid appetites. Broth can be used for invalids, with sippets of toast and without vegetable additions.

SHEPHERD'S PIE.—Mince ½ lb. cold meat finely, season with pepper, salt; put into greased pie-dish, pour ¼ pint gravy over. Partly boil and chop onion, add it to meat. Mash potatoes very well, add little milk and salt. Spread this over top of meat like crust, finish it with fork, put into hot oven about 20 mins., or until nicely browned.

STEWED BREAST OF LAMB.—Take skin off lamb and cut into small pieces. Put meat into stew-pan, cover with stock, pepper, salt; stew gently about 2 hrs., until perfectly tender. To serve—thicken gravy with flour, let it boil 1 min., then pour it over lamb. Serve with green peas.

TO GRILL CHOP OR STEAK.—Place clean grid-iron over stove, lay a mutton chop on grid. Let it cook 2 mins., then turn over to cook 2 mins. other side; turn every 2-3 mins. until done. Large chop takes 15 mins. to cook; small one 10 mins. Always turn meat over with knife and spoon. To prick chop or steak with fork lets out gravy. Steak is cooked same way, and after placing on hot dish put a little butter over if chop is lean. A steak is sweeter in own fat. Use pepper and salt to taste. Mushroom ketchup and other sauces may be used.

BEEFSTEAK PIE.—Cut 1 lb. beefsteak into thin strips about 1 inch wide; mix 1 oz flour, ½ teaspoonful pepper and 1 teaspoonful salt together, dip each piece of meat into it, then roll up with a piece of fat in centre of each, place in pie-dish, pour over ½ pint cold water, cover with pastry. Decorate top of pie with moistened pieces of pastry. Put it into hot oven for 10 mins. until pastry well risen; then bake slowly 1½ hrs. altogether.

IRISH STEW.—Cut 1 lb. scrag end of neck of mutton into small pieces, taking off surplus fat, peel 2 large onions, slice them, put meat and onions into saucepan, pour on 1 pint cold water, and season with pepper, salt. Cook gently ¾ hr., then add 2 lbs. potatoes, which have been pared and sliced. Let all simmer for nearly 1 hr., or until pototoes are ready to mash. Serve on a hot dish.

ROAST RABBIT.—Thoroughly wash rabbit and wipe dry. Line inside with forcemeat, to which has been added minced liver and heart. Sew stuffing inside; skewer head back between shoulders. Skewer shoulders and legs close to body, wrap rabbit in buttered paper, and roast before clear fire about 35 mins. (according to size), basting well. A few mins. before serving take off buttered paper, flour rabbit, baste with spoonful of butter, and let it brown nicely. Take out skewers, serve with brown gravy and red currant jelly. If preferred, rabbit may be baked in oven, taking about same time.

BOILED FOWL.—Put fowl into stewpan with plenty of cold water, bring it to a boil. Simmer gently, for the slower it boils the plumper and whiter will fowl be. If liked very white, put few slices of lemon on breast, cover with a sheet of buttered paper, and floured cloth. Boil from 1½ hrs., according to size and age of fowl. Serve with white sauce, parsley sauce, or liver sauce. Usually boiled ham, bacon, or tongue is served with boiled fowl.

STEWED STEAK AND ONIONS.—Make 1 oz. dripping hot in frying-pan. Cut meat into pieces and fry very lightly both sides, then place in pan or stew-jar. Slice and fry onions, add them to meat. Stir 1 oz. flour in fat in frying-pan, allow to brown well, add gradually 1 pint hot water or stock. When boiling, pour all into meat and let the whole simmer for 2 hrs. Season well while simmering. Turnips and carrots may be cut into small pieces and put into the stew with the onions, or they may be boiled separately and added on plate afterwards.

TRIPE AND ONIONS.—Put 1 lb. tripe into saucepan of cold water. Allow to boil, then strain away water; cut tripe into nice-sized pieces, put tripe back into saucepan with onions cut small. Just cover with hot water and simmer about 1 hr., or until quite tender. Mix 1 oz. flour to smooth paste with ½ pint milk, and add it to tripe. If too much liquor to tripe, strain some away before adding milk. Stir until boils. Salt, pepper to taste.

FRIED LIVER AND BACON.—Fry few slices fat bacon until crisp. Take out bacon and place on warm dish, leaving fat boiling. Cut liver into slices not more than ⅛ inch thick, place quickly in boiling bacon fat. Turn liver until it is just cooked through and browned crisp both sides. Lift off on to dish containing bacon. Sprinkle flour into boiling fat remaining in pan, add little hot water, keep stirring and boiling until it reaches cream thickness. Then pour, while boiling, over bacon and liver in dish. Avoid old-fashioned practice of dipping liver into flour or paste, as one does with fish for frying; cook sheep's and calf's liver in the same way.

NURSES APPROVE

Splendid For The Liver.—Nurse R. Abery writes from The Knowle, Barton Road, Branksome, Hants.:—"I have found Bile Beans splendid for correcting the liver and removing the little ills which accompany disorders of the system. Bile Beans also act gently and keep the bowels healthy and regular."

Jaundiced Skin.—Nurse E. M. Layt, 16, Cadogan Street, Middlesbrough, says:—"For years I have had recurring gallstone trouble. The pains started in my right side, spreading downwards into the abdomen, then into my back. My skin was jaundiced. Since taking Bile Beans I have enjoyed splendid health and lost all fear of the old trouble. Bile Beans help the liver and keep the bile soluble."

Constipation Caused PILES & BAD SKIN

"FOR twelve years constipation was the root of my ill-health," says Mr. John White, of 6, Heathcote Walk, Fishponds, Bristol. "It threw my digestion out of order, brought on headaches, and made me weary and depressed. Despite every kind of treatment, the constipation got worse, and I developed itching, painful piles.

Mr. J. White, Bristol.

"Then I took Bile Beans, which ensured gentle, natural movements, and gave the piles a chance to heal. While I was taking Bile Beans I used Zam-Buk ointment externally to allay the inflammation and itching. The constipation, piles, and all the other painful symptoms are gone since I began with the nightly dose of Bile Beans.

"I used to have a lot of skin eruptions through impure blood. Bile Beans cleansed my system and my skin is now clear and healthy."

Regular Nightly Doses of Bile Beans Make & Keep You Fit & Well.

"I WAS BUT A SHADOW OF MY FORMER SELF"

4 Years Of Illness Made Her A Physical Wreck—A Remarkable Recovery

"I FIRST started with stomach trouble in December, 1927," says Mrs. M. Williams, of 52, Medlock Street, Kirkdale, Liverpool. "Stomach pains caused me untold agony. If I took a walk, dreadful sickness would overwhelm me. I suffered terribly from heartburn and scalding sensations in the stomach and the throat.

"In spite of all care and attention from five doctors and hospitals, I got steadily worse. I was but a shadow of my former self. When I bought my first box of Bile Beans I soon realized they are different from ordinary pills.

Mrs. M. Williams, Liverpool

No More Pain Or Vomiting

"Within a week I was actually enjoying and retaining my food. Gentle and soothing in their action, Bile Beans surely restored my digestion and stopped the heartburn and vomiting. I am ever so much stronger and have made a wonderful recovery."

No Kidney Weakness Now

"I suffered terribly with my kidneys," says Mr. W. H. Roberts, of 53, Adam Street, Cardiff. "No doubt the trouble was originally caused by the bad state of my liver. I used to have cruel pains in the middle of the back. I also had a constant throbbing head, and my nerves went to pieces. A few hours' work in the timber yard used to leave me dead-beat. From the very day I started a course of Bile Beans my health improved. You see, Bile Beans really touched up my liver and ended all sluggishness and pain and removed the old kidney weakness. I feel splendid now, thanks alone to Bile Beans."

MEAT AND POTATO PIE.—Peel 2 lbs. potatoes and slice. Cut up 1-2 lbs. cooked beef (cold), lean and fat together. Place potatoes in pie-dish with ½ pint beef gravy. Season with pepper, salt. Add 2 onions cut in 4 pieces. Place meat over potatoes, few more potatoes over meat, and 1 oz. dripping on these potatoes. Put paste over top, with hole in centre, through which pour little beef stock once or twice while cooking. Bake in hot oven for about ¾ hr.

BOILED BACON.—Soak in warm water for hour or two. Cut off rusty parts and scrape rind as clean as possible. Put on in cold water and let simmer till thoroughly cooked through. A 2-3 lb. piece requires to simmer about 2 hrs. Skim carefully. Remove rind, sprinkle with browned crumbs.

ROAST VEAL.—Take out bone of a fillet of veal and fill the hole with stuffing of bread crumbs, grated lemon-peel, chopped parsley, suet or butter, seasoning, well and finely mixed. Fasten stuffed veal up with twine and skewers. Roast or bake, serve according to taste with pickled pork, boiled ham, or bacon. Melted butter and parsley may be poured over while veal is in tureen or dish.

ROAST GOOSE.—Wipe the inside well with clean cloth, and afterwards fill with stuffing of sage and onions. To make good stuffing for goose, put 3 to 4 onions into cold water, and when have reached boiling for a minute, take out and put into fresh boiling water and boil in this ¼ hour. Rub about ¾ lb. soft bread into fine crumbs, add rubbed sage and 1 oz. butter. Chop boiled onions into small pieces, season the whole well with pepper, salt, and mix whole thoroughly. Having filled the goose with sage and onion stuffing, fasten both ends with string round stem of neck and by drawing rump through hole which you must cut in the skin. Cook in moderate oven for 2 hrs. or over, according to size of goose. Serve with apple sauce; mashed turnips also an advantage. For roast duck, follow same directions.

GIBLET PIE.—Carefully wash giblets of goose or duck, place in stewpan along with about ½ lb. steak cut into small pieces, cover with cold water and add suitable herbs, stew gently for 2 hrs. Then take out herbs and let giblets go cold. Line sides of pie-dish with suet paste, lay in giblets and pieces of steak, season with pepper, salt, make dish ¾ full gravy in which giblets have been stewed. Cover with crust and bake for about 1 hr. in hot oven.

ROAST FOWL. Draw and clean fowl, stuff breast with same stuffing veal, put 2 or 3 slices fat bacon across breast when placing in oven, slightly dust with flour, bake ¾-1 hr. in moderate oven. Serve with bread sauce and brown gravy.

ALARMED WITH CONTINUOUS STOMACH TROUBLE

Then He Found The Source Of His Illness—A Source Common To Thousands Of Sufferers

IN as many days as he had suffered years, Mr. Joseph Knott saw a magic disappearance of symptoms as distressing as man or woman could endure, all because he found in Bile Beans the one remedy that could touch his liver, which was—as with thousands of others—his unsuspected weak spot. A study of Mr. Knott's experience will show you how to obtain the blessing of good health quickly and at little expense.

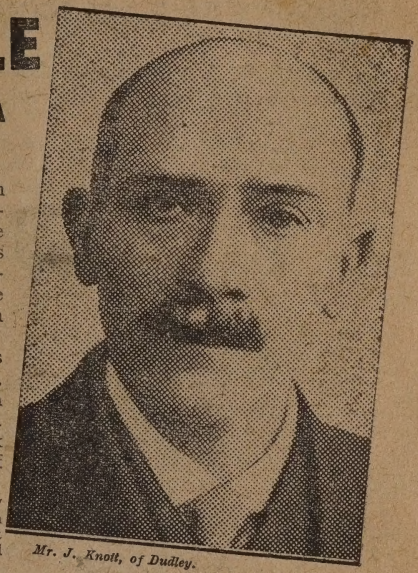
"I was out-of-sorts on and off for over 30 years," says Mr. Knott, who lives at 9, The Fold, Hall Street, Woodside, Dudley. "After a meal I used to be in such agony with wind and pain that I didn't know where to put myself. The seizures were so frequent that, though I daren't speak about it, I really began to fear there was some sort of a growth in my inside.

"I often had bad attacks of water brash, with a bitter taste in my mouth, and an awful choking sensation in the throat. Habitual constipation made me heavy and headachy. Bouts of vomiting left me exhausted. I lost weight and my nerves were bad. When walking about, dizziness and faintness came over me and my head went all of a whirl.

Bile Beans Alone Made Him Well

"I took all kinds of pills without getting better. Treatment by a doctor also had no effect. When I read about Bile Beans, they seemed just the sort of vegetable remedy to get to the root of my trouble. And so it proved!

"In a gentle natural way Bile Beans soon relieved me of all my alarming symptoms. They touched my liver, enabling it, I suppose, to correct all the other digestive organs. Bile Beans also made my bowels act naturally and regularly. To-day, thanks to Bile Beans I am well and strong again at last. Bile Beans alone made this wonderful change in me, and I shall always depend upon them to keep me well."



Mr. J. Knott, of Dudley.

A GRAND FAMILY MEDICINE

"I took Bile Beans for chronic liver trouble," says Mrs. A. Headford, 46, Andrew Street, Sheffield. "Bile Beans relieved all pain and made me all right again. My husband finds Bile Beans splendid for keeping his bowels healthy. When the children feel out-of-sorts Bile Beans, in their own gentle way, put them right. There is always a box of Bile Beans in our home now."

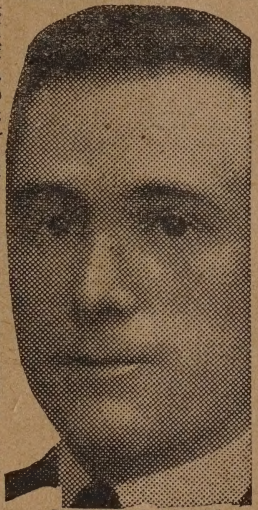
HARICOT MUTTON.—Cut 1 lb. neck of mutton into chops, melt little dripping in iron saucepan; when hot, put in chops and fry until nice brown, then remove them; peel and slice 2 onions, fry them, sprinkle in 1 oz. flour. Let it brown slightly, add ½ pint cold water gradually, and stir until boils. Wash and peel a turnip, scrape a carrot, and cut both into pieces; return chops to saucepan; add vegetables, and pepper, salt according to taste. Simmer about 1 hr.

BOILED NECK OF MUTTON.—Place in saucepan, cover with water, adding few pinches of salt. Boil slowly for little over 2 hrs., skimming off scum from time to time. Turn little of boiled water into dish with meat and use rest for broth. Carrots, turnips, and other vegetables for broth should be boiled separately and added after meat is taken out. To boil leg of mutton, act same way.

HIS LIFE WAS ONE CONSTANT ROUND OF ILL-HEALTH

Then Bile Beans Worked A Grand Cure

"FOR two years my stomach and kidneys were out of order," says Mr. S. F. Stephens, of 19, Park Crescent, Whitchurch, Cardiff. "It was one constant round of ill-health. I had severe attacks of pain and palpitation and I was so afraid to eat that I often went to work with an empty stomach. I got out of bed feeling fit for nothing, and all through the day was



Mr. S. F. Stephens, Cardiff.

Heavy & Done-Up

"Constipation bothered me a good deal, too. I felt my case was baffling. But at last I started to take Bile Beans and soon noticed a change. Bile Beans have made a different man of me. In a gentle way they got my system working properly and I was soon enjoying complete freedom from the pains and symptoms which had worried me for so long.

"It's all due to Bile Beans that I am now eating and sleeping well, and I feel as if I have been given a new lease of life."

Bile Beans Are So Easy to Take

"I am a poor one at swallowing pills, but I find Bile Beans so easy to take," says Mrs. M. Paine, of Richlands, Ethelwulf Road, Worthing. "Being over sixty I don't get enough walking exercise. Consequently I am soon constipated. I take Bile Beans now and then for they are an ideal and gentle laxative."

Irregular Meals Cause Indigestion

"I blame hurrying over my meals and having them at irregular hours," says Mr. T. C. Dempsey, an electrical worker, of 2, Bricknell Place, Stockwell Road, S.W.9. "Life became one torture with heartburn, palpitation, wind, and stomach trouble generally. Thanks to Bile Beans I can now eat and digest my food without the least pain and discomfort afterwards. Bile Beans are a grand tonic, too."

ROAST TURKEY.—Draw and clean same as goose. Fill with sausage meat or chestnut stuffing. Keep well basted with lard or dripping. Time 15-20 mins. per pound weight. Serve with roast sausage.

MEAT PUDDING.—Cut 1 lb. stewing meat into thin strips, dip in salt, pepper, roll as for meat pie. Grease and line pint basin with suet pastry, put in meat and pour ½ pint water over. Put cover of suet pastry on top, and steam or boil 3-4 hrs. If cold meat used, substitute stock for water, and pudding will not need to cook so long.

BOILED RABBIT.—Choose young rabbit (a rabbit is young if the claws are sharp, the teeth small, and the ears easily tear). Skin and wash in cold water, then truss, bring hind legs forward, and fore legs backward, and head to side, fasten with skewer. Have ready pan of cold water with little salt in, put in rabbit and allow to simmer gently about 1 hr. Large rabbit requires 1½ hrs. Should scum rise to top of water, skim it off gently. When cooked take it out of pan, remove skewers, place it on hot dish, serve with onion sauce poured over.

VEGETABLES, Etc.

FORCEMEAT STUFFING FOR FOWL, GAME, VEAL, Etc.—2 oz. ham or bacon, ¼ lb. suet, rind of ½ lemon, teaspoonful minced parsley, teaspoonful sweet herbs (minced), salt, cayenne, mace to taste, 6 oz. bread crumbs, 2 eggs. For forcemeat balls make up as before, or if preferred bake forcemeat in oven for ½ hour. If used for roast hare, liver of animal should be boiled 5 mins., minced very small, mixed with forcemeat.

SAGE AND ONION STUFFING.—Peel 4 large onions, place in hot water, and simmer gently for 5 mins. Drop 10 sage leaves into pot just before removing onions. Chop onions and sage together, add 4 oz. bread crumbs, 1½ oz. butter, and work all well together with yolk of 1 egg, seasoning with salt and pepper. A tablespoonful of milk may be used instead of egg. Sufficient for goose or pair of ducks. If used for goose, parboil part of bird's liver, chop fine, mix with stuffing.

MASHED TURNIPS.—Take quantity you require of white turnips, pare outer skin off, then second woody fibrous covering beneath that, which would never boil soft. Wash turnips and cut them each into 4 pieces, put into pan full of boiling water, and 1 dessertspoonful salt, cook until tender. Drain water away, put little butter and milk into jar, place in oven to warm. Rub turnips through wire sieve or colander with wooden spoon. Pour in warmed milk and butter, put in little pepper, mix thoroughly, warm them in pan again for a few mins.

BOILED KIDNEY BEANS.—Cut off small piece from each of beans and remove string from each side, then cut down into strips, slanting lengthwise. Let stand in cold water and salt few mins., place in boiling water, add little salt, and cook until tender. A pinch of carbonate of soda in water will keep them green, and there should be no lid on pan while boiling.

HARICOT BEANS.—Soak 1 lb. haricot beans all night in cold water; strain and put them into saucepan of boiling water with salt, add piece of fat bacon; simmer gently for 2 hours, or until quite soft. Drain beans, return them to saucepan with 1 oz. butter, a tablespoonful of chopped parsley, stir over fire for few seconds, and serve hot. Salt and pepper to taste.

SCALLOPED POTATOES.—Pare 6 medium-sized potatoes, slice thin in cold water. Drain and put in pudding tin with salt and pepper. Pour over ½ pint of milk and piece of butter size of an egg. Bake in an oven until well done.

BAKED ONIONS.—1 lb. onions, seasoning, 2 oz. brown sugar, butter, ½ pint stock. Cook peeled white onions in boiling salted water for 15 mins., drain and place in flat, buttered dish. Sprinkle with pepper, salt, and sugar, pour over stock and place butter knobs on top. Bake slowly till done, basting frequently.

CASSEROLE PEAS.—1 quart shelled peas, salt, pepper, castor sugar, 1 oz. butter, ½ pint hot water, mint. Place peas in casserole, sprinkle with salt and pepper and 1 teaspoonful castor sugar. Add sprig of mint, butter, and hot water, put on lid of casserole and cook for ½ hr. until peas are done. Serve in liquid in casserole.

PUDDINGS.

APPLE PUDDING.—Chop 4 oz. suet finely, mix with ½ lb. flour, adding ½ teaspoonful baking powder and little salt, sufficient cold water to mix to stiff paste. Knead paste until smooth; roll out. Grease pudding basin, line with paste, half fill with peeled, cut, cored apples, sprinkle sugar over. Fill basin with apples, adding more sugar and little cold water. Make cover of paste for top, wet edges with cold water and press together. Place basin in boiling water and boil, or, if preferred, steam about 3 hrs., then turn out on hot dish, serve with sweet sauce. Puddings with other fruit may be made same way.

YORKSHIRE PUDDING.—Mix 3 tablespoonsful flour and ½ teaspoonful salt together. Beat 1 egg and add ½ pint (¼ milk, ¼ water) to it, pour gradually upon flour, mix thoroughly and beat mixture until quite smooth and light. Melt some dripping in pudding tin, and when quite hot pour in mixture, bake about ½ hr. Cut into squares, serve hot. Batter is lighter by standing some time before baked.

Constipation Banished Not Merely Relieved

Bile Beans Are The Sure Way To Perfect Health.

Photo Study by 'Charles,' Leeds.

"I had splendid health until I started with constipation two years ago," says Mrs. R. Woodhouse, of 25, Corfield Street, Bethnal Green Road, London, E.2. "It upset my system generally, and brought bilious attacks and stomach pain. Often I collapsed and had to lie down. Pains shot across the back of my head and neck; a mist came before my eyes.

"After a few doses of Bile Beans I felt as different again. Gently but surely these splendid vegetable pills put my bowels and digestion in such thorough order that now all the old pains and symptoms have completely gone. To-day, thanks to Bile Beans, my health all round is really excellent."

My Remedy For 26 Years

"I have not been without Bile Beans for 26 years," says Mrs. Alice Rothwell, of 13, Lawden Road, Small Heath, Birmingham. "Bile Beans have always been my standby as a family medicine, and must have proved their soundness times without number. Some years ago I had an operation which left my back weak. A chill or any upset of the system always goes to that weak spot and I have nasty pains and feel generally out-of-order. Bile Beans are a never-failing remedy. The pains quickly go, and I am soon as right as anything."

Cured 10 Years Ago—Still Well

Mr. H. Mould, of 111, Charles Street, Burton-on-Trent, says:—"The pains in the chest and stomach, especially after meals, were chronic. Food fermentation causing gas, wind, and heartburn, put me in real misery. Special pills and digestive compounds were a sheer waste of money, but before I'd finished the second box of Bile Beans I was free from indigestion and eating splendidly. Bile Beans cured me 10 years ago, and I have enjoyed good health ever since."

Vital Necessity of a Sound Liver

A Host of Alarming Symptoms Spring from its Disorder.

THE Liver is the largest organ in the human body; in the average adult it weighs 3½ lbs. A very large volume of blood courses continually through this vital organ. The action of the liver on the blood is that of a selective filter. In addition to this, the liver is both a manufactory and a store.

It manufactures bile which it supplies to the intestines in order to help digestion. In the supply of bile fluid, the liver is in partnership with its close neighbour, the gall-bladder.

The liver stores up a valuable food product called glycogen, and gives it out to the tissues just as required. It is clear, then, how important and far-reaching is the work of the liver in purifying the blood, in promoting digestion, and in helping nutrition. It is similarly clear what a host of ailments and alarming symptoms must result from faulty action of the liver. Important among these are constipation, indigestion, dyspepsia, flatulence, sick headaches, jaundice and anæmia. The liver can affect mind as well as body. Depression and bad temper are often nothing more than the consequence of clogging and sluggishness of this organ.

Nothing is more important than to keep the liver working properly. To resort to mineral salts and purgative pills directed against the bowels only, is like flogging a tired horse. The system, temporarily relieved, is eventually plunged into a state worse than the first, and the liver remains congested.

Bile Beans A Natural Corrective

Bile Beans have the outstanding virtue that, apart from their natural laxative action, they affect chiefly this important organ, the liver. Any disordered condition of the liver function is removed by the gentle influence of certain valuable vegetable extracts. The liver is coaxed to work in a normal manner, with the result that a host of distressing symptoms are dispelled.

Constipation, so far from proceeding from bowel congestion, often has its origin, along with other ailments, in the abnormal state of the liver. Therefore, you cannot be well unless you see to your liver.

Take a thorough course of Bile Beans—last thing at night and after the mid-day meal—till the liver is working properly, when the rest of the system will correct itself. The success of Bile Beans is due to the fact that they copy Nature's method of securing harmonious working of the bodily functions. Bile Beans are a family medicine of the highest importance, and as their value has been established by upwards of 30 years' use, no home should ever be without a box.

CHILLS ON THE LIVER

Caused Pains, Cold Shivers, Giddiness and Low Spirits.

Is Better To-Day Than For Many A Year Thanks To BILE BEANS

Mrs. M. A. Connell, Bristol.

"A SUCCESSION of severe chills set up liver congestion and I was in poor health, more or less, for six years," says Mrs. M. A. Connell, of 3, Two-Tree Passage, Wilder Street, Bristol. "I felt depressed and had cold, shivery sensations. My kidneys were affected and I had severe pains in the back. When I got up on a morning my head ached cruelly and spasms of giddiness and sickness came over me without warning. I took all sorts of medicine and had treatment from a doctor. But I must admit that Bile Beans *have done far more good than anything else.*

"I was soon wishing I had tried Bile Beans before, for they stopped the old symptoms troubling me and made such a vast improvement in my health. My liver and kidneys have ceased to bother me since I began with Bile Beans. I feel happier and brighter than I have done for many a year."

PLUM PUDDING.—Chop ¼ lb. suet and 2 oz. candied peel finely, wash and dry ¼ lb. currants, stone ¼ lb. raisins; ½ lb. flour, ½ lb. bread crumbs, ½ a small nutmeg, grated; mix all dry ingredients well together, beat up 2 eggs, add 2 or 3 tablespoonsful treacle and juice of lemon. Add sufficient milk to make stiff batter, pour into greased basin and steam or boil 4 or 5 hrs.

CUSTARD PUDDING.—Beat 2 eggs well, add 1 tablespoonful sugar, 1 pint milk, and little salt. Pour into greased pie-dish, grate little nutmeg over, bake very slowly for 1 hr.

ROLY-POLY PUDDING.—Put ½ lb. flour in basin, add 4 oz. suet chopped finely, pinch of salt, 1 teaspoonful baking powder, with sufficient cold water to make nice paste. Knead until smooth, roll into long thin piece, spread jam over, keeping it away from edge. Roll up paste, press ends together, and put it in well-floured pudding cloth, tie tightly up, place in pan of boiling water, boil 1½ hrs.

APPLE DUMPLINGS.—Peel 6 medium-sized apples very thinly, core them, but do not cut up. Cut ½ lb. short pastry into 6 pieces and roll each piece into ball. Take 1 apple, work it into centre of each paste ball, put a clove and some sugar into centre of each apple before closing paste. Place on greased tin, bake slowly for ½ hr.

PLAIN SUET PUDDING.—Chop 4 oz. suet very finely, add to it ½ lb. flour and ½ teaspoonful baking powder and little salt. Mix with sufficient cold water to make stiff batter. Pour it into greased basin or pudding cloth and steam or boil for 2 hrs.

CABINET PUDDING.—Grease pudding basin, place at bottom a few raisins stoned; beat up 2 eggs, add 1 pint milk and 2 tablespoonsful of sugar. Cut ½ lb. bread into small squares, pour custard over and allow to soak for a few mins., then put into pudding basin. Cover with greased paper and steam for ¾ hr. Turn out upon hot dish; serve with sweet sauce.

RICE, TAPIOCA, OR SAGO PUDDING.—2 small tablespoonsful rice, sago, or tapioca, 1 tablespoonful sugar, 1 tablespoonful finely chopped suet, or little butter, 1 pint milk, pinch of salt. Put in greased pie-dish and allow to cook in cool oven for about 2 hrs. A beaten egg may be added with advantage, especially in sago or tapioca pudding.

BREAD AND BUTTER PUDDING.—Put slices of bread and butter into pie-dish, use 2 oz. currants, portion sprinkled between each layer, and on top. Pour beaten egg and 1½ oz. sugar in 1 pint milk over bread and butter, and bake in moderate oven, about 1 hr. This pudding is better for standing little while after it is made before being baked.

10 YEARS' GASTRITIS

Stomach Couldn't Retain Food—Awful Pains—Was X-Rayed—Nerves Went To Pieces

"THERE was something seriously wrong with my stomach for over ten years," says Mr. P. Meredith, of 4, Brown's Court, Mount Street, Wrexham. "I was treated for gastritis and liver trouble. In the end I had an X-Ray examination and was advised to go into hospital.

"My stomach wouldn't retain food—everything came back sour and bitter. I suffered terribly from wind and heartburn and heavy dragging pains in the stomach. My nerves gave way, my head ached, and I felt giddy. A course of

Bile Beans Changed My Whole Outlook

"Regular nightly doses of these little vegetable pills cleansed and strengthened my entire digestive system and put my liver and stomach into sound working order. Since taking Bile Beans I've forgotten about my nerves, and I never have headaches or dizziness. I sleep well and eat just what I like. Friends remark about the wonderful change Bile Beans made in me."

Photo Study by 'Charles,' Leeds.

Invaluable During Woman's Critical Years

Mrs. E. Southwick, of 34, Avebury Grove, Stirchley, Birmingham, says:—"Doctors said my age was the cause of all my sufferings. I had incessant headaches, stomach pains, palpitation, and heartburn. A fading-away sensation put me on the verge of a collapse. Exertion made me breathless. *I didn't know what was coming over me.* My nerves were affected and I suffered greatly from constipation.

"Soon after starting with Bile Beans there was a big improvement in my general health. They helped my bowels and thoroughly cleansed my system. Bile Beans have banished all the old pains and miseries and made me a happier, healthier, and more active woman."

RAILWAYMAN'S Bilious Attacks & Liver Pains

Mr. W. H. Skilhorn, Widnes.

Now Enjoys 100% Better Health.

"For years my general health was poor," says Mr. W. H. Skilhorn, a retired railway signalman, of 10, Christie Street, Halton View, Widnes. "My liver and stomach were all wrong. Often after eating I was in downright agony with sickness and pain. My head ached and I turned dizzy. I hardly knew what was happening to me. On a morning my tongue was coated, and there was a bitter, disagreeable taste in my mouth.

"One day my wife read about Bile Beans, and thought I ought to try them. Before I had taken half a 1/3 box of these grand vegetable pills I began to feel a brighter and healthier man. Thanks to this wonderful remedy I'm enjoying a hundred per cent. better health. I'm through with the old pains and miseries, and I've not the slightest trouble with my bowels."

INFLUENZA

A leading doctor says:—"The liver and kidneys are severely taxed in dealing with the poison-toxins of influenza and want no extra burden." Lighten this burden and help to expel 'flu poison from your system by regular doses of Bile Beans, the world's best liver tonic. By putting the system in healthy order, Bile Beans strengthen your defence against epidemics.

"I HAD A BAD ATTACK OF GASTRIC 'FLU 5 years ago," says Mrs. E. Poulton, of 11, Queen's Road, Erith, Kent. "My stomach was so seriously weakened that I suffered misery after every meal. Sometimes I had to loosen my clothes to relieve the awful distension. Only Bile Beans put me on the way to better health. These splendid pills eased my stomach and so helped the digestion that I can now eat without fear. Bile Beans proved a real tonic."

PANCAKES.—Allow 1 egg and 2 tablespoonsful of flour to every tumbler of milk. Put the flour with pinch of salt into basin and with little cold milk, mix till quite smooth. Beat eggs well and stir them into the flour. Then add rest of milk, mix to thin batter. Melt little butter in frying-pan, put some of batter into cup and pour over swimming butter just a thin layer of batter. Hold pan over fire till batter sets. Keep gently shaking or revolving pan just enough to prevent cake sticking and burning. Turn cake over when sufficiently done on one side, and let it be equally brown on other side. Pancakes should not be left to stand, but served and eaten as soon as cooked. Usually they are eaten with powdered sugar sprinkled over and a little lemon juice dropped into it, but they are excellent covered with fruit jam, such as strawberry or black currant.

FIG PUDDING.—Mix ¼ lb. bread crumbs with equal weights of flour, sugar, finely chopped suet; add ½ lb. figs cut into small pieces, and ¼ teaspoonful bicarbonate of soda. Mix all well together; stir in 1 beaten egg, and sufficient milk to make stiff batter. Pour into buttered basin, cover with buttered paper, and steam for 2½ hrs. Don't make batter too thin, or figs will sink to bottom.

RAISIN PUDDING.—1 lb. flour, ½ lb. stoned raisins, ½ lb. chopped suet, pinch of salt; mix thoroughly and make to stiff paste with milk. Boil in floured cloth or buttered basin for 4 hrs. If boiled in long shape—like roly-poly—this pudding takes only 2½ hrs.

COLLEGE PUDDING.—2 cupfuls bread crumbs, 6 oz. chopped suet, ¼ lb. currants, few thin slices candied peel, 3 oz. sugar, 2 eggs, nutmeg to taste. Mix dry ingredients thoroughly and moisten with beaten eggs. Beat mixture thoroughly. For fried puddings, keep mixture fairly stiff. Roll into balls and fry in hot fat till done fine light brown, about 20 mins. Drain on cloth before fire; serve with white sauce. For boiled puddings mix with milk, beat thoroughly, and boil for 20 mins. in buttered basin.

ECONOMY CUSTARD.—1 pint milk, 2 level teaspoonsful cornflour, 1 egg. Mix cornflour with ½ cupful cold milk, boil rest of milk, stir in cornflour; boil for 2 mins. Stir in egg, well beaten, while cornflour is still hot.

SNOW PUDDING.—½ oz. gelatine, 1 cup sugar, 3 eggs, 1 pint boiling water, juice of 1 lemon. Dissolve gelatine in boiling water to which has been added sugar and lemon juice; mix well and set to cool. Beat whites of eggs to stiff froth, and when jelly begins to thicken beat all together; when thoroughly mixed, pour into mould. Serve with custard made with yolks of eggs, flavouring with lemon.

CHOCOLATE JUNKET.—1 quart milk, 1 Rennet tablet, ½ cake of 6d. chocolate or 1 tablespoon cocoa, and few drops of vanilla, 1 dessertspoon sugar. Mix chocolate or cocoa with ½ cup milk and allow to just come to boiling point; add to the remainder of milk and junket tablet which has been dissolved in teaspoon cold water; pour into glass dish and stand aside for 1 hr. to set.

GINGER PUDDING.—1 teacupful bread crumbs, 1 cup flour, 1 cup suet, 1 teaspoonful ground ginger, ½ teaspoon carbonate of soda, 2 tablespoonsful sugar, ½ cup warm treacle and little milk. Dissolve the carb. of soda in a little warm milk, mix all together; put in greased basin and steam 3 hrs. Serve with custard or sweet sauce.

GROUND RICE PUDDING.—Put 2 tablespoonsful ground rice into pan, mix it with little milk; add remainder of 1 pint milk, salt, and flavouring. Allow to boil about 7 mins., then remove from fire. Add 1 egg well beaten, pour into greased pie-dish, put into hot oven and cook for about 15 mins.

MINCEMEAT.—Chop 4 oz. suet, ½ lb. apples, and 2 oz. candied peel. Put in with ¼ lb. cleaned currants, and ¼ lb. sultana-raisins, mix well together with 2 oz. sugar, 1 lemon juice and rind, ½ teaspoonful ground cinnamon. Mix thoroughly and tie down in jar until needed. (If mincemeat is heated through in oven this prevents possible fermentation of fruits).

SHORT PASTRY.—Rub ¼ lb. clarified dripping or lard into 1 lb. flour, add 2 teaspoonsful baking powder, some salt, with sufficient milk to mix to nice paste. Knead until smooth and roll out very lightly. Bake in hot oven.

FLAKY PASTRY.—Rub about 2 oz. mixed lard and butter into 1 lb. flour, add salt and sufficient cold water to mix to stiff paste; knead slightly and roll out into long strip. Divide remainder of ¾ lb. lard into 3 portions, place 1 portion in small pieces over pastry, sprinkle with flour, and fold in 3. Repeat until all lard is used. Put by in cool place about 1 hr., roll out, put by again. Do this a third time and paste is ready for use.

ROUGH PUFF PASTE.—Mix ½ lb. flour, little salt, and ½ teaspoonful baking powder together. Cut 5 oz. butter or lard into small pieces, and mix very lightly into flour; add sufficient cold water to make stiff paste. Knead very little, roll out lightly twice, and bake in very hot oven.

SUET PASTRY.—Mix ½ lb. flour, ½ teaspoonful baking powder and salt together, chop 2 oz. suet finely and add it to flour with sufficient cold water to mix to a stiff paste. Knead lightly, roll out and use.

DAUGHTER'S ANÆMIA ALARMED MOTHER

Bile Beans Enriched her Blood, Brought Colour to Cheeks and Restored Appetite and Energy

Photo study by 'Charles,' Leeds.

"ANÆMIA started to trouble me years ago," says Mrs. A. Piercy, of 21, Cecil Street, Anlaby Road, Hull. "My lips and cheeks were so pale and I lost so much weight that mother began to wonder whether I was consumptive. If I walked just to the top of the street I had to return home faint and lifeless. My bowels were always a trouble. The buzzing noises in my head and the dizzy attacks were awful.

"My nerves were so bad that I daren't cross the road. My appetite went to nothing. Doctors couldn't do much for me and I went to live in the country for a time. At last I took Bile Beans, which enriched my blood. Colour returned to my cheeks, and I got stronger every day. Constipation does not trouble me now; those awful pains and the attacks of dizziness have left me, and I'm putting on weight. Once again I eat well, sleep soundly, and I don't know what 'nerves' are now. I could write pages of gratitude to Bile Beans."

Skin Sallow and Blotchy. "Owing to the poor state of my blood and the condition of my liver, my skin was sallow and blotchy," says Mrs. A. E. Williams, of Star Cottage, Tal-y-Bont, Brecon. "A course of Bile Beans rid my system of all impurities, and made me feel and look quite healthy again."

The Upper and Lower Bowels Need Care

The Great Danger of Self-Poisoning

JUST as fuel in the form of coal is obtained from the bowels of the earth, so fuel (food) for the body is obtained by absorption from the human bowels. The latter is a term often applied popularly to the intestines as a whole, that is to say, to all the alimentary tract below the stomach. The intestines consist of a coiled tube nearly 30 feet long, situated in the lower half of the body. The longer, narrower portion of this tube is the small intestine, while the final and wider portion constitutes the large intestine or colon.

It is interesting to follow the passage of food through this remarkable tube. The food is swallowed into the stomach, and in the first part of the small intestine is subjected to final digestion by the action of the intestinal and pancreatic juices and of the bile. It passes on to the lower small intestine, where the nutritious or strength-making portion is absorbed through the intestinal wall into the system, and the unabsorbed or waste portion is driven on into the large intestine. In the large bowel the water is absorbed, leaving only the soft masses of waste which are passed down to be finally expelled from the body in the daily "movement of the bowels." The downward journey of the food matter through this long tortuous tube is effected by a system of rhythmic wave-like contractions of the muscular walls of the intestine. This process is known medically as "peristalsis"—it is

1.—*Large Intestine.*
2.—*Small Intestine.*

Nature's system of one-way traffic!

It is absolutely vital to health to keep the intestinal tube in such a condition that digestion, absorption, and evacuation, all proceed in sequential and orderly fashion. For this, the muscle tone of the bowel wall must be kept in perfect trim and the digestive and lubricating juices of the intestine must be manufactured in just the right amount. It is easy to see how readily constipation, with all its evil effects on health, may result from bowel derangement. Other conditions liable to supervene are colic, enteritis, colitis, appendicitis, piles, etc. These must be carefully guarded against by the systematic use, as necessary, of the most reliable regulative medicine. If any bowel trouble has already arisen, correct it without delay. Alike for purposes of prevention, regulation, and correction, vegetable compounds of sure action on the bowel have fortunately been provided by Nature. These potent vegetable extracts are contained in scientific mixture in Bile Beans rather than in the old-style purgatives containing some drastic or irritant mineral drug.

The Sure Cure For Constipation

Bile Beans owe their great success in ailments proceeding from bowel trouble to the fact that they depend for their most appropriate action on vegetable extracts famous for their even influence on all parts of the intestinal canal. Bile Beans coax Nature to perform her own cleansing function. They do not gripe or cause after-constipation, but induce such improved internal conditions that every organ of the body responds to the treatment.

As 30 years' experience has shown, a box of Bile Beans is the ideal family remedy always to have on hand.

"BILE BEANS MADE A NEW WOMAN OF ME"

Mrs. A. Lloyd, Birmingham.

"Bile Beans are wonderful! They rid me of constipation which completely upset my health. On a morning my head was like lead, I felt depressed, and didn't want my breakfast. For the rest of the day I was faint and drowsy. Honestly, there's nothing to compare with Bile Beans for putting the bowels right. I now feel ever so well, and have a good appetite. There's no limit to my energy now." Mrs. A. Lloyd, 216, Clifton Road, Birmingham.

Habitual Constipation FOLLOWS DISABLEMENT

"Five years ago I injured my left leg so badly that I've had to lie up ever since," says Mr. W. R. Bessent, of 16, Lincoln Road, Tottenham, N.17. "Getting no exercise I became frightfully constipated. Every morning I awoke feeling dull and heavy, and with a bad head. When I coughed it shook me up so much that I turned dizzy and everything went black. Until I took Bile Beans I simply couldn't keep my bowels moving. These fine little pills soon put things right, and I just stick to good old Bile Beans to keep constipation and other troubles at bay."

Bile Beans Are Guaranteed To Do Good

SAVOURIES.

SAVOURY PUDDING.—Peel 3 large onions, put into pan of water to cook until tender, drain away water, chop finely. Shred and chop 4 oz. suet, crumble 4 oz. bread, or soak in milk, rub 1 teaspoonful each of dried thyme and dried sage between palms of hands to fine powder; beat 1 egg. Put all into basin, add pepper, salt, mix well together. Put 1 oz. dripping into pudding-tin and into the oven. When tin is thoroughly hot, pour the pudding in. Put back into the oven to cook for about 1 hr.

KEDGEREE.—When you have cold fish left over, a dish of kedgeree will be best way to use it for breakfast. Pick fish from bones; mix with it a cupful boiled rice or mashed potatoes; 1 oz. butter, teaspoonful mustard, 2 soft-boiled eggs, salt and cayenne pepper to taste. Quantities should vary according to amount of fish used. Bake in covered jar in oven for 15 mins.

FRIED KIDNEYS.—Cut kidneys open without quite dividing them, and remove the skin. Lay quite flat, side down, in frying-pan with small piece butter; fry for 8 mins. Serve on toast, with piece of butter in each kidney; pour gravy over them. When fried with bacon, butter is not necessary.

MEAT PATTIES.—Soak 2 oz bread in cold water; when soft, pour off water and beat up with fork. Chop ½ lb. cold meat and add with ½ teaspoon thyme, pepper, salt. Line patty-tins with pastry, put some mixture in each, cover with pastry; bake in quick oven.

MACARONI CHEESE.—¼ lb. macaroni (previously parboiled), ½ lb. cheese (odd pieces will do), 1 large tomato, teacupful milk; salt, pepper to taste. Cut tomato in slices, place in bottom of pie-dish; layer of cheese, cut in thin slices; layer of macaroni. Sprinkle bread crumbs on top, add milk, small piece butter on top. Bake 2 hrs. in slow oven.

PLAIN OMELETTE.—3 eggs, 3 tablespoons flour, 2 scant cups milk, ½ teaspoon salt, 1 teaspoon parsley. Beat eggs, saving white of one. Blend flour with little milk, then put in remaining milk. Mix all together. Have 1 tablespoon butter in frying pan (hot but not brown), pour in mixture. While cooking, beat up stiff the white which is left; just before folding over spread beaten white with little parsley over half; then fold.

HAM TOAST.—To cupful white sauce add little onion juice, pepper, salt, 2 oz. cooked ham (minced); stir well. Prepare two slices French toast (one side toasted; other side buttered) and pour on ham mixture. It should be served immediately.

Kabul-Kandahar Veteran's Long Fight With Stomach Trouble

Mr. James Flynn, Hull.

Suffered Since 1916. Bile Beans Cured When All Else Failed Him

Mr. James Flynn, of 31, Field Street, Holderness Road, Hull, served 22 years in the Army, and was with Lord Roberts in the historic march from Kabul to Kandahar in 1880. In 1914 he joined up again as a Farrier Sergeant in the R.A.S.C.

"After being gassed at La Bassee in 1916," says Mr. Flynn, "my gastric troubles began. The wind, palpitation, heartburn and pain gave me no peace day or night. Some days I just felt my stomach was being riven to pieces. In the street I reeled with dizziness. Constipation also worried me for days together. My case baffled the doctors in the military and civil hospitals. I underwent treatment. Then I

Read Some Marvellous Bile Beans Cures

"Regular doses of these wonderful pills put my stomach and bowels right and banished all heartburn, wind, and other symptoms. I gained strength every day, and now enjoy a hearty meal, sleep soundly, and feel as healthy as ever I have done. A nightly dose of Bile Beans keeps me well."

The statements published in this book are all authenticated and verified. Each case is an actual experience with Bile Beans, and is published in the hope it will guide other sufferers back to lasting health.

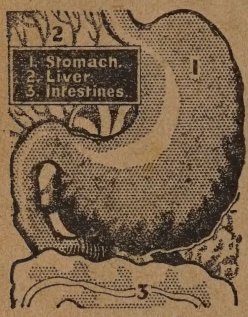
When Stomach Is Ailing

Everything Else Goes Wrong

NAPOLEON said that an army marches on its stomach. He meant that food and digestion are essential for endurance and vitality. Food without digestion has no value, so that bodily nourishment and strength depend finally upon the state of digestion. The latter can be assured only by a healthy stomach.

The stomach is a kind of sac formed by the widening out of the first part of the digestive tract. All food substances swallowed down the gullet into the stomach are subjected to the action of the gastric juices and to the forces of muscular compression which, at proper intervals, drives them along from stomach to intestine.

If the stomach is to do its duty properly the many glands situated in its lining membrane must be able to manufacture the right quantity of chemical juice, and of the right degree of acidity. Moreover, the tone of the stomach muscles must be kept at concert pitch. The stomach, usually the most over-taxed of all organs, often cries out loud for assistance in its digestive work. If this aid be denied, then overwork will often result in indigestion, with its attendant complications of general ill-health, headaches, capricious appetite, loss of weight, anæmia, constipation, and depression of spirits.



Both in prevention and correction of digestive disorders, Nature's way must be followed. Nature has given us the use of certain vegetable extracts of great potency. From these a scientific selection has been made of those which regulate and correct the digestive and muscular activities of the stomach and bowels. These valuable extracts are contained in exact proportions in Bile Beans. This well-known family remedy has a distinctly helpful action on the stomach, and stimulates the whole digestive operation. Difficult foods are made more easily amenable to digestion and assimilation.

100% Benefit from Bile Beans

What you eat, with the help of Bile Beans, does you 100 per cent. of good; every nerve-strengthening and tissue-building element is absorbed into the system. Everyone with a weak stomach or a disordered digestion should pin their faith to Bile Beans.

BEEF ROLL.—12 oz. beef, 8 oz. ham, 4 oz. bread crumbs, pepper, salt, and pinch ground mace; mince together, add 1 egg; mix well, put in 2 lb. stone jam jars and steam 1½ to 2 hrs.

LIVER AND BACON PIE.—1 lb. liver, 3 slices bacon, 1 onion, ½ lb. fat, 3 lbs. mashed cold potatoes. Grease bottom of pie dish, put layer of liver cut very thin, layer of chopped onion, layer of potatoes, dotted with dripping. Fill dish this way, seasoning each layer. Half fill with water, cook ¾ hour. Take pie out, pile on more potatoes to form crust, roughly decorate; return to oven to brown.

SARDINES ON TOAST.—Pound a few sardines and hard-boiled egg and small piece of butter, season to taste. Spread on toast.

COLD SWEETS & CAKES

CORNFLOUR MOULD.—Put 2 tablespoonsful cornflour into pan, mix to smooth paste with 1 pint milk and little flavouring. Allow to boil for 20 minutes. Add 1 tablespoonful sugar and pour into wet mould. When cold, turn out and serve with jam or stewed fruit.

CHRISTMAS CAKE.—Beat ½ lb. butter to cream; add ½ lb. fine sugar, 1 to 3 eggs well beaten. Add ½ lb. flour, ½ lb. currants, ½ lb. raisins, 1 teaspoonful baking powder, pinch salt, grated lemon rind. Beat well together; line a cake-tin with buttered paper, bake in moderate oven for 2 or 2½ hrs.

BROWN BREAD.—Warm bowl, put in 1 lb. whole meal, 1 lb. flour, 2 teaspoonsful salt, 3 oz. lard. Rub until well mixed. Put 1 oz. pure yeast into basin, pour on little lukewarm water and stir until dissolved. Place ½ pint water and ½ pint milk in a pan over fire long enough to take chill off. Make hole in centre of flour, pour in yeast, pour aired milk and water into basin where yeast has been to rinse it, pour this into bowl of flour. Set this to sponge, or knead up at once to light dough, then set to rise in warm place with towel over it. When dough has increased to double the size when kneaded, and is cracked at top, take some out, knead lightly into shape, put into greased loaf-tin which must be only half-filled, and set to rise again. When risen to top, put bread in oven to bake; time, according to size of loaf. Start with hot oven.

TEACAKES.—Rub 3 oz. butter or lard into 2 lbs. flour; dissolve 1 oz. yeast in little warm water, pour it into centre of flour; sprinkle salt round edges, and allow to sponge for few mins.; then knead and add more warm milk, 2 oz. sugar, and 2 oz. currants. Allow to stand in warm place to rise for one hour or longer. Make into tea cakes, place on greased tins before fire about 10 mins.; bake in hot oven.

COCOANUT CAKE.—3 oz. butter, 3 oz. sugar, 3 oz. cocoanut, ½ lb. flour, 1 egg, 1 teaspoonful baking powder, and two tablespoonsful of milk. Beat butter and sugar to cream; add egg well beaten, and lastly flour, cocoanut, baking powder, milk. Turn into tin well greased. Bake ¾ hr.

SPONGE CAKE.—4 eggs, 4½ oz. flour, 4 oz. sugar. Whisk the eggs and sugar over hot water till thick, add the flour (sifted), stir together very lightly. Bake in well buttered tin in moderate oven.

ROCK BUNS.—Rub ¼ lb. lard into 1 lb. flour; add ¼ lb. sugar, 2 large teaspoonsful baking powder, ¼ lb. currants (cleaned), 1 egg well beaten, with sufficient milk to make stiff paste. Drop upon a greased tin in small pieces; bake in hot oven.

SIMNEL CAKE.—Cream together ½ lb. each butter and castor sugar, add 4 eggs; beat well for 10 mins. Then stir in 6 oz. each of stoned chopped raisins and currants, 2 oz. shredded candied peel, ground almonds, teaspoonful mixed spice, and 10 oz. flour. Put half into tin lined with buttered paper, then layer of almond icing, ½ inch in thickness, upon remainder of cake. Bake in moderate oven nearly 2 hrs. When cold, cover with almond icing, smoothing it over with knife; decorate to taste. For almond icing, mix together ½ lb. ground almonds with 10 oz. castor sugar. Flavour with essence of bitter almonds; make into paste with yolk of egg.

YORKSHIRE PARKIN.—1 lb. fine oatmeal, 1 lb. treacle, ¼ lb. butter, ½ oz. ground ginger, ½ teaspoonful carbonate of soda, 2 tablespoonsful demerara sugar, 1 tablespoonful milk. Rub butter into oatmeal, add ginger and sugar. Melt treacle, dissolve soda in milk. Mix all and bake in flat tin, paper lined, in moderate oven about 1 hr.

TEA BISCUITS.—1 quart flour, 4 teaspoons baking powder, butter size of egg, 1 tablespoon brown sugar, little nutmeg. Put flour in dish, add baking powder, sugar, nutmeg. Rub in butter and wet with milk enough to make nice dough. Bake 20 mins. in quick oven.

CHELSEA BUNS.—1 lb. flour, ¼ lb. butter, 2 teaspoonsful baking powder, ½ lb. castor sugar, and 1 egg. Mix powder with flour, rub in butter, add half sugar, make into stiff dough with yolk of 1 egg; roll out as for roly-poly. Whisk white of egg to stiff froth with rest of sugar; spread this on paste with knife. Roll up and cut into rounds ¼ inch thick.

SULTANA CAKE.—Rub ¼ lb. butter, into 1 lb. flour, add 1 lb. sultanas, ¼ lb. moist sugar, ¼ lb. sliced candied peel, 1 teaspoonful carbonate of soda, ½ pint milk, 1 egg. Mix thoroughly, bake in cake-mould in quick oven for 1 hour.

ON THE VERGE OF A NERVOUS BREAKDOWN

Photo Study by 'Charles,' Leeds.

Timely Doses Of Bile Beans Were A Grand Tonic

Mrs. Lennox, of 13, St. James' Street, Chester, says:—"I got extremely weak and was threatened with complete nervous breakdown. I lost weight, couldn't sleep, and became terribly depressed and irritable. My bowels were not right and sick headaches left me prostrate.

"I made no real progress with doctors' medicine, but Bile Beans brought me new energy and strength. The dose I took—two every night—suited me perfectly. My head began to feel better, my bowels acted regularly, my nerves improved, and the depressed feeling and lassitude left me. Bile Beans are just the natural sort of medicine that run-down, nervous women stand in need of."

Send To-day For Your Free Sample

The mass of authentic testimony published in this book is real evidence that Bile Beans are the most successful medicine for liver, stomach, and bowel troubles. To convince you further, the proprietors will gladly send you a sample of Bile Beans free and post paid on receipt of your application made on a 1d. stamped postcard, addressed to C. E. Fulford, Ltd. (Bile Beans), Leeds. Give name and address. Be *sure* to mention you saw this offer in the "Bile Beans Cookery Book."

If Your Symptoms Are Here Take Bile Beans

PALPITATION.—"After meals I was prostrated with palpitation and pains round the heart. I went blue in the face and could hardly breathe. Sometimes I was so bad that neighbours ran to my assistance. Bile Beans put my digestion right, stopped the palpitation and I eat splendidly now. Bile Beans did my nerves a lot of good, too." Mrs. I. M. Vincent, 88, Cregoe Street, Birmingham.

HEARTBURN & DISTENSION.—"Too much acid in my stomach caused heartburn, distension, and irritation of the stomach lining. I found Bile Beans the very medicine for putting me right and I still feel quite fit." Mr. R. J. Harvey, 3, Elm Street, Great Southsea Street, Portsmouth.

"DIZZY ATTACKS and biliousness weakened me considerably. From the very first dose of Bile Beans I started to get well. Bile Beans so toned up my liver and bowels that good health naturally followed. I am never without Bile Beans now." Mrs. M. Palmer, 68, Wyndham Street, Bury.

"BILE IN THE BLOOD caused dull throbbing headaches, which lasted two days at a time and were generally accompanied by sickness and giddy, swimming sensations. Since taking one box of Bile Beans I've not had a headache or felt a return of the bile trouble." Mrs. L. Fox (75), of 5, Philpots Houses, Eltham, London, S.E.9.

GENERAL WEAKNESS.—"For many years I suffered with my stomach and general weakness. Sometimes I didn't know what was coming over me. Bile Beans gave me new strength, improved my blood, and did my stomach a lot of good." Mrs. Lily Wildmore, 4, Falkland Street, Middlesbrough.

LIVER CAUSED SICKNESS & PAIN

"I had sudden bilious attacks first thing on a morning; my skin was sallow and there was a bitter taste in my mouth. Fainting and dizziness came over me so suddenly that I feared to go out shopping. Within a few hours of taking Bile Beans I felt ever so much better. I feel like a different woman since I started with Bile Beans. The old headaches, pains, and other distressing symptoms have all vanished; I've never had a bilious attack since."—Mrs. E. L. Benness, of 21, Hartley Street, Compton Road, Wolverhampton.

Mrs. E. L. Benness (from photo.)

CHOCOLATE CAKE.—4 oz. butter, 4 oz. sugar, 2 eggs, 2 oz. chocolate, 6 oz. flour, 1 teaspoonful baking powder, flavour vanilla, and little milk. Beat butter and sugar to cream, beat eggs separately, and add to butter, then add chocolate (or cocoa), flour, baking powder and little milk. Bake slowly.

CHEESE SCONES.—Ingredients: 4 oz. cheddar cheese, 1 lb. self-raising flour, 2 oz. margarine, 1 teaspoonful salt, 2 oz. lard, milk, saltspoonful cayenne pepper. First grate cheese, then add to flour, with pepper and salt, rub in fat, add milk to make stiff paste. Roll out to thickness of ¼ inch, and cut into fancy shapes. Bake 15 to 20 mins. in moderate oven.

YORKSHIRE CAKE.—Weight of 1 egg in flour, ground rice, sugar and butter, with tablespoon or more of milk. Butter 2 dessert plates and pour mixture into both; bake 20 mins. When done spread any kind of jam upon one cake and lay other over it.

SHORTBREAD.—1 lb. flour, ½ lb. butter, 6 oz. sugar, pinch salt. Mix well together, roll out about 1 inch thick. Cook in slow oven for about 40 mins.

BRANDYSNAPS.—10 oz. treacle, 10 oz. sugar, 7 oz. flour, 6 ozs. butter or good dripping, ½ oz. ground ginger, 1 oz. grated nutmeg. Melt in a basin, add treacle; add slowly dry ingredients; mix well and put teaspoonful on well-greased tin, leaving wide spaces between each. Bake in very slow oven and roll round stick or finger whilst warm.

COCOANUT BISCUITS.—5 oz. flour, 3 oz. butter, 3 oz. sugar, 1 egg, 2 tablespoons desiccated cocoanut, 1 teaspoon baking powder. Rub butter well into flour, add sugar, then egg well beaten. When well mixed, pull small pieces off and bake on tin for 10 mins.

LEMON-CHEESE CAKES.—¼ lb. butter, 1 lb. loaf sugar broken into small pieces, 6 eggs, leaving out 2 whites; rind of 3 lemons grated, and juice of 3. Put butter into saucepan with sugar, rind, and juice of lemon, then add eggs. Stir until thickens like honey. When cold, put into pots and tie down until wanted for baking. Use good short flaky pastry, bake in hot oven in small patty-tins.

MARMALADE & JAMS

MARMALADE.—1 doz. Seville oranges, 2 lemons. Cut into 4 parts, take out pips, cut into very thin slices. Weigh, and to every 1 lb. of fruit add 3 pints water; let stand 24 hrs., then boil for ½ hr. and allow to stand until following day. Then weigh, and to every lb. of mixture add 1½ lbs. sugar and boil again about ½ hour.

Whatever Your Skin Trouble —Heal It With Zam-Buk

Quickly soothing and splendidly healing, this wonderful herbal ointment drives pain and disease out of the tissues and grows new healthy skin. For injuries, sores, and skin diseases Zam-Buk is unequalled.

ULCERATED LEG.—"Three ulcers on my leg ate right into the flesh. They discharged constantly and the pain was maddening. A friend said 'use Zam-Buk.' I did so, and this grand ointment soothed and completely healed my leg." Mr. T. Gibbon, 2, Ewehurst Road, Dipton, Co. Durham.

ECZEMA CURED.—"Eczema took the form of a scaly patch fully six inches across my neck. The burning sensation was fearful. All kinds of ointments were useless, but 3 boxes of Zam-Buk gave me a new healthy skin." Mrs. T. Dance, 62, Old Butts, Walsall.

4 YEARS' PILES.—"I had awful attacks of piles. The dragging pains and constant irritation were real torture and loss of blood weakened me, too. So thoroughly did Zam-Buk cure the piles they have never returned." Mr. H. Taylor, 39, Clissold Rd., London, N. 16.

POISONED SORES.—"I feared losing my hand, it was so badly poisoned. The limb was always bandaged up. I couldn't sleep for pain and inflammation. Zam-Buk drew out all corruption and grew new healthy skin." Miss M. J. Champ, Sheane House, Edenderry, King's County, Ireland.

CUTS & BURNS.—"I've proved Zam-Buk invaluable time and time again. For every cut, bruise, burn, or injury, out comes the Zam-Buk. It always proves a ready soother and healer." Mrs. M. L. Hobbs, Grampound Road, Ruan High Lanes, Cornwall.

Look for the Government Stamp round the package. 1/3 and 3/- all chemists.

SOOTHING · HEALING · ANTISEPTIC

Zam-Buk Medicinal Soap Is Invaluable for Tender or Diseased Skins. 1/- a Tablet.

HEALTH WONDERFULLY BETTER IN A WEEK

Mrs. F. Hutton, Birmingham.

Thought Hers Was A Hopeless Case. 12 Years' Stomach & Bowel Trouble Ended By Bile Beans

"I suffered from stomach trouble for over 12 years," says Mrs. F. Hutton, of 122, Malt Mill Lane, Blackheath, Birmingham. "At times I was in absolute misery with pains in my inside and in the back. I was unable to digest food properly, and consequently suffered from wind, gas, and heartburn. Sometimes my stomach was distended in an alarming way; it felt almost as though a leaden weight was inside. Climbing the stairs or hurrying about my housework brought on cruel palpitation. Bilious attacks upset me from time to time.

"All the medicines and the strict dieting failed and I had no hopes of getting better until I began with Bile Beans. This vegetable remedy helped me in every way. Even in a week my digestion was wonderfully improved.

Not Felt So Well For Years

"The heartburn, pains, and other symptoms all vanished. I have never had a bilious attack, nor had the least trouble with my bowels since I started to take Bile Beans. Now everthing I eat does me good. I sleep well and can confidently say I've not felt so well for many a long year. I wouldn't miss my nightly dose of Bile Beans for anything."

AVOID QUICK-ACTING REMEDIES

Beware of makeshift remedies which, acting quickly, often leave the system worse off in the end. Bile Beans are an absolutely reliable, scientific medicine. They act on Nature's own lines, operate soothingly, and really build up permanent good health.

VEGETABLE MARROW JAM.—Peel and core 6 lbs. marrow. Cut into pieces 2 ins. long, and put in bowl of cold water until next day. Weigh, and to every lb. of marrow add 1 lb. loaf sugar. Add 3 lemons, cut in thin slices, taking out pips, 3 oz. bruised whole ginger, 6 peppercorns. Boil whole 1½ hrs. Skim well. Wineglass of brandy improves it just before it is done. Take out lemons and ginger before putting into jars.

DRIED APRICOT JAM.—1 lb. of dried apricots, pour over 4 pints boiling water, cover and stand for 48 hrs. Boil fruit and liquid for ½ hr. Add 4 lbs. sugar and boil another ½ hr. A few blanched almonds added improves look of jam.

STRAWBERRY JAM AND RASPBERRY JAM.—To every lb. fruit allow 1 lb. preserving sugar. Remove stalks, etc., from fruit, put in preserving pan with sugar and pinch of salt. Boil gently until jam sets, stirring to keep fruit as whole as possible. Boil about ¾ hour.

DAMSON OR ANY PLUM JAM.—To each lb. of fruit allow from ¾ to 1 lb. preserving sugar according to taste. Remove stalks and clean fruit. Put all in preserving pan and boil gently about 45 mins. to 1 hr., or until syrup, when tested on cold plate, stiffens.

GRAVIES, SAUCES AND SALADS.

MEAT GRAVY.—When meat is sufficiently cooked, put on hot dish and pour all dripping from tin into jar; then pour some boiling water over brown sediment which is in dripping tin, add salt to taste, boil up, and strain round the meat.

BROWN GRAVY FOR FISH.—Pour off all fat from tin in which fish has been cooked; mix flour with little cold water, then add gradually hot water. Pour into tin, add tablespoonful Worcester sauce or vinegar, pepper and salt. Stir while boiling.

MELTED BUTTER (WHITE SAUCE).—Put 1 oz. butter into clean saucepan and place it on fire. When melted pour in 1 oz. flour and stir to prevent becoming lumpy. Add ½ pint water or milk gradually, continuing to stir until sauce boils and becomes thick. See you do not burn it. Add ¼ teaspoonful salt. If for savoury dish, add pepper.

APPLE SAUCE.—Peel, core, and cut up 1 lb. apples, put them into saucepan with 3 tablespoonsful water and simmer until quite soft. Beat well with fork, add sugar to taste, 1 oz. butter, little nutmeg, serve either hot or cold.

MAYONNAISE SAUCE (SALAD DRESSING).—Yolk of 1 egg (raw), ¼ teaspoon dry mustard, pinch salt, ½ pint salad oil, few drops vinegar, few drops lemon juice. Mix yolk of egg, mustard and salt together in round bottom basin with back of wooden spoon; then add oil gradually drop by drop to stiffen sauce like butter, then add vinegar and lemon juice. If sauce shows sign of curdling, few drops of lemon may be added, and it should be worked until quite smooth again.

CUSTARD SAUCE.—Mix 1 teaspoonful cornflour with little cold milk. Put remainder of ½ pint milk into saucepan, and when it boils stir in cornflour, allow to boil for few mins., then add 1 oz. sugar and little flavouring. Beat 1 egg well, pour sauce upon it, stirring all time, but do not allow sauce to boil after egg is added.

PARSLEY SAUCE.—(Quick method). 1 pint milk, ½ pint water, piece of butter size of small egg. Put in saucepan on gas to boil (having added pepper and salt). Mix 4 tablespoonsful flour with water to consistency of cream. When milk boils, pour into basin, mix with paste and return whole lot into saucepan and boil up again. *Note.*—Wash parsley, then pour *boiling water* on, and rinse. Chop and put into sauce. This is a special tip to save time in chopping.

BREAD SAUCE.—Peel 1 large onion, stick 4 cloves into it, cut in two and simmer in 1 pint milk until tender. Crumble some stale bread or break bread into small pieces, and pour hot milk over it. Let soak for ½ hr., having strained onion from milk before bread is added; the bread being crushed with fork. Put sauce back into pan to simmer for while, add 1 oz. butter, little pepper and salt, and pour into tureen or basin.

BOILED BEETROOT.—Place beetroot in pan of boiling water. Do not wash or you are liable to break tendrils and cause beetroot to bleed and destroy colour. Boil 1½ to 2 hrs. When done, skin and slice with vinegar as a pickle, or serve with white sauce over as a vegetable.

ONION SAUCE.—Peel a couple of onions, boil until quite tender, then chop finely. Melt 1 oz. butter in saucepan and stir in 1 oz. flour. When quite smooth, add ¼ pint water, ¼ pint milk, and boil well. Add chopped onions and seasoning, and boil again.

INVALID DISHES.

For invalids, meats should be of short-fibred, white description, such as chicken; bread should be stale; vegetables fresh as possible; anything fat should be finely minced. Also, scrupulous cleanliness of all cloths, plates, spoons, and all things used has a tendency to increase the invalid's appetite, while a speck of dirt or anything unsightly may "turn the stomach" of a weak person.

Expert Analyst's Report on Bile Beans

W. LASCELLES-SCOTT, F.S.Sc. (Lond.), Consulting Analyst, certified as follows: "Chemical and microscopical analysis, and other tests, prove to me that Bile Beans contain neither mercury in any form, nor other drastic purgative, but are of purely vegetable composition devoid of those irritant and lowering properties which make ordinary cathartics so unsuitable.

"The distinct and slightly cumulative laxative action of Bile Beans appears to be rather skilfully controlled by certain extracts possessing very valuable tonic and cholagogue qualities which render this medicament peculiarly effective in all ailments traceable to liver affections."

Late Lecturer to the London Conservatoire and Consulting Analyst to the Royal Commissions for Victoria, Fiji, and the Mauritius.

W. Lascelles Scott.

SCIENCE ENDORSES——

"**SCIENCE SIFTINGS,**" the well-known journal, says:—"We have satisfied ourselves that Bile Beans are of purely vegetable origin . . . Our laboratory experiments and practical tests have disclosed to us a valuable preparation . . excellent for constipation . . . and as a regulator of the liver and bile. Bile Beans increase secretion in the whole of the digestive tract. When employed to relieve constipation, they do not, as is the case with so many purgatives, cause after-constipation. There is no griping. Bile Beans are such an excellent family medicine that we award them our Certificate of Merit."

RHEUMATIC CRIPPLE WALKS AGAIN

Photo study by 'Charles,' Leeds.

Marvellous Effect Of Bile Beans

" My system was full of rheumatic poison," says Mr. F. Dawson, of 21, Atlas St., North Ormesby Road, Middlesbrough. " My legs, hips, back, and shoulders were continually racked with pain and my joints were swollen.

" Nine times I was in hospital, and for two years couldn't work. I spent a fortune on liniments, rubbing ointments, pills, and salts. In two months Bile Beans have done far more good than all the rest. I have taken these vegetable pills every night. Bile Beans must have gone right to the root of the pain and cleared the acid poisons out of my system. My joints are easier and all the swelling and pain has gone since I began with Bile Beans. Everybody marvels at seeing me about again."

DOCTOR SAID "CARRY ON With BILE BEANS"

Mr. H. Hill, of 1, The Bungalows, Knighton, Dunsfold, Surrey, says: " I was a constant sufferer with wind, gas, and pain. One day somebody gave me a few Bile Beans. I took them, and was certainly better next morning. As I continued with Bile Beans the old troubles and pains disappeared, and since then (1901) I've never been without Bile Beans. A doctor once asked me what I was taking for my stomach. I told him ' Bile Beans,' and he said ' By all means keep on with them, Hill.' "

Bile Beans Are A Grand Medicine Acting on Nature's Sure, Safe, Lines

TO MAKE BEEF TEA.—Cut 1 lb. lean gravy beef into very small pieces, taking away all fat; let meat stand in 1 pint cold water for 1 hr. or more in a jar standing inside pan half-full boiling water. When needed, strain liquor from meat and add pepper and salt to taste. Meat may be minced and served on toast.

INVALID JELLY.—Take ½ oz. gelatine, 4 oz. lump sugar, 2 eggs, ½ pint cold water, ¼ pint lemon or orange juice. Rub sugar on to orange or lemon rind, then put it into saucepan with water, sugar and gelatine; when quite dissolved, add strained lemon or orange juice; let it come to boil, then remove from fire. Have eggs well beaten in basin; pour jelly gradually on, stirring all the time. Allow to cool a little, then pour into wet mould, and turn out when quite cold.

OATMEAL GRUEL.—Mix 1 tablespoonful coarse oatmeal to smooth paste with little cold water, add 1 pint of boiling milk, pour into pan and allow to simmer for ½ hr. Keep stirring all the time to prevent it getting lumpy or burning. Strain and add salt or sugar according to taste.

BARLEY WATER. — Put 2 tablespoonsful pearl barley and 1 pint water into saucepan on fire; when water boils pour away as it is unwholesome; add 1 pint of fresh cold water, bring to the boil, let simmer until water looks milky. A bit of lemon rind peeled thinly, kept in for a while to extract the flavour, is an improvement. This can be boiled in the oven.

LEMONADE.—Rub a lemon with cloth to clean, pare yellow rind as thinly as possible, cut lemon in half, strain juice into jug; add rind and 1 oz. sugar, pour in ½ pint boiling water, cover jug and set aside to cool, then strain.

LINSEED TEA.—Put 1 oz. linseed and 1 oz. thick spanish into pan with ¼ oz. liquorice, ½ oz. sugar or sugar-candy, and 1 quart cold water; simmer for 1 hr., then strain ready for use.

INVALID CUSTARD.—Beat up 1 new-laid egg, add 1 teaspoonful sugar and ¼ pint milk. Pour into greased cup and steam 20 mins.

ARROWROOT.—Mix a teaspoonful of arrowroot to smooth paste with little cold milk, pour on boiling milk until cup is full, stirring all time to prevent it becoming lumpy; add pinch of salt and sugar to taste. If wine is to be added, use water instead of milk.

FISH.—Heat ¾ pint milk; when quite hot put in 1 whiting or any white fish, and allow to cook about 20 mins. When done, put on hot dish. Mix 1 teaspoonful cornflour to smooth paste with little milk; add milk in which fish was cooked. Stir over fire until boils. Pour sauce over fish; garnish with cut lemon and parsley. Steamed fish is best for invalids.

The Unique Breathe-able Remedy For

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PEPS tablets bring a valuable breathe-able medicine into direct contact with the affected membranes of the breathing passages.

This new *direct* treatment supersedes the old imperfect method of swallowing liquid cough mixtures into the stomach—an organ which has no real connection with the bronchials and lungs. Too often do these old-style preparations produce make-believe results through the drugging effect of the laudanum, morphia, opium, or chloral which they often contain. Peps are guaranteed free from such dangerous drugs.

By the simple process of releasing certain agreeable fumes as a tablet dissolves on the tongue, Peps act on the air-passages direct. These healing, antiseptic fumes bathe the tender throat and bronchials as they pass down into the lungs with the breath. Peps soothe the throat, allay huskiness, clear the bronchials of phlegm, and are invaluable for the chest in bad weather.

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***Gordon Stables,* M.D., C.M.**

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1/3 box (35 tablets), 3/- size (105). Of all chemists

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Freed Of Liver & Kidney Pains By Bile Beans

"When my liver and kidneys were bad I was never free from some pain or other symptoms. Sometimes I felt so bad I couldn't stand up or even move about. Pains in the small of the back nearly drove me mad. My feet were so swollen I couldn't wear shoes. Bile Beans brought wonderful relief from all the aches and pains and gave me back my old health and strength. A nightly dose of Bile Beans gives me strength and appetite and helps me to sleep better. I am happier and feel ready for anything now." Mrs. M. Pritchard, 38, High Park Street, Liverpool.

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"During my service in India with the R.H.A., my liver got in bad condition. I had frequent headaches, nasty pains in the right side, and spells of dizziness. On a morning my tongue was thick and coated. I found Bile Beans such a fine thing for keeping me fit that I got my wife to send me a box regularly from England to India. I left the army in 1926, and, thanks to keeping on with Bile Beans, I've not known a day's illness since." Mr. W. Reeves, of 116, Parkeston Crescent, Perry Common, Birmingham.

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